

# Morning Prayer

Wednesday of Holy Week

## Preparation

O Lord, open our lips

**All and our mouth shall proclaim your praise.**

Let your ways be known upon earth,

**All your saving power among the nations.**

*One or more of the following is said or sung:  
this or another prayer of thanksgiving*

Blessed are you, Lord God of our salvation,  
to you be praise and glory for ever.

As a man of sorrows and acquainted with grief  
your only Son was lifted up  
that he might draw the whole world to himself.  
May we walk this day in the way of the cross  
and always be ready to share its weight,  
declaring your love for all the world.

Blessed be God, Father, Son and Holy Spirit.

**All Blessed be God for ever.**

*This opening prayer may be said*

The night has passed,  
and the day lies open before us;  
let us pray with one heart and mind.

*Silence is kept.*

As we rejoice in the gift of this new day,  
so may the light of your presence, O God,  
set our hearts on fire with love for you;  
now and for ever.

**All Amen.**

*The appointed psalm is said.*

## **Psalm 102**

Hear my prayer, Lord;  
let my cry for help come to you.

2

Do not hide your face from me  
when I am in distress.

Turn your ear to me;  
when I call, answer me quickly.

3

For my days vanish like smoke;  
my bones burn like glowing embers.

4

My heart is blighted and withered like grass;  
I forget to eat my food.

5

In my distress I groan aloud  
and am reduced to skin and bones.

6

I am like a desert owl,  
like an owl among the ruins.

7

I lie awake; I have become  
like a bird alone on a roof.

8

All day long my enemies taunt me;  
those who rail against me use my name as a curse.

9

For I eat ashes as my food  
and mingle my drink with tears

10

because of your great wrath,  
for you have taken me up and thrown me aside.

11

My days are like the evening shadow;  
I wither away like grass.

12

But you, Lord, sit enthroned forever;  
your renown endures through all generations.

13

You will arise and have compassion on Zion,  
for it is time to show favor to her;  
the appointed time has come.

14

For her stones are dear to your servants;  
her very dust moves them to pity.

15

The nations will fear the name of the Lord,  
all the kings of the earth will revere your glory.

16

For the Lord will rebuild Zion  
and appear in his glory.

17

He will respond to the prayer of the destitute;  
he will not despise their plea.

18

Let this be written for a future generation,  
that a people not yet created may praise the Lord:

19

“The Lord looked down from his sanctuary on high,  
from heaven he viewed the earth,

20

to hear the groans of the prisoners  
and release those condemned to death.”

21

So the name of the Lord will be declared in Zion  
and his praise in Jerusalem

22

when the peoples and the kingdoms  
assemble to worship the Lord.

23

In the course of my life[b] he broke my strength;  
he cut short my days.

24

So I said:

“Do not take me away, my God, in the midst of my days;  
your years go on through all generations.

25

In the beginning you laid the foundations of the earth,  
and the heavens are the work of your hands.

26

They will perish, but you remain;  
they will all wear out like a garment.

Like clothing you will change them  
and they will be discarded.

27

But you remain the same,  
and your years will never end.

28

The children of your servants will live in your presence;  
their descendants will be established before you.”

**All Glory to the Father and  
to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever.  
Amen.**

## A Song of the Lord's Gracious Deeds

*Refrain:*

**All I will recount the gracious deeds of the Lord,  
the praises of the Most High.**

**Alleluia.**

1 Who is this that comes from Edom, ◇  
coming from Bozrah, his garments stained crimson?

2 Who is this in glorious apparel, ◇  
marching in the greatness of his strength?

3 'It is I, who announce that right has won the day, ◇  
it is I,' says the Lord, 'for I am mighty to save.'

4 Why are your robes all red, O Lord, ◇  
and your garments like theirs who tread the winepress?

5 'I have trodden the winepress alone, ◇  
and from the peoples no one was with me.'

6 I will recount the gracious deeds of the Lord, ◇  
the praises of the Most High;

7 All that God has done for us in his mercy, ◇  
by his many acts of love.

8 For God said, 'Surely, they are my people,  
my children who will not deal falsely,' ◇  
and he became their Saviour in all their distress.

9 So God redeemed them by his love and pity; ◇  
he lifted them up and carried them  
through all the days of old.

Isaiah 63.1-3a, 7-9

## Scripture Reading

*One or more readings appointed for the day are read.  
The reading(s) may be followed by a time of silence.*

Luke 22.54-71

## Gospel Cantic

*The Benedictus (The Song of Zechariah) is said,*

Refrain:

**All The word of the cross is folly to those who are perishing,  
but to those who are being saved it is the power of God.**

1 Blessed be the Lord  
the God of Israel, ◇  
who has come to his people and set them free.  
2 He has raised up for  
us a mighty Saviour, ◇  
born of the house of his servant David.  
3 Through his holy prophets  
God promised of old ◇  
to save us from our enemies,  
from the hands of all that hate us,  
4 To show mercy to our  
ancestors, ◇  
and to remember his holy covenant.  
5 This was the oath God  
swore to our father Abraham: ◇  
to set us free from the hands of our enemies,  
6 Free to worship him  
without fear, ◇  
holy and righteous in his sight  
all the days of our life.  
7 And you, child, shall  
be called the prophet of the Most High, ◇  
for you will go before the Lord to prepare his way,

8 To give his people knowledge  
of salvation ◇  
by the forgiveness of all their sins.  
9 In the tender compassion  
of our God ◇  
the dawn from on high shall break upon us,  
10 To shine on those who  
dwell in darkness and the shadow of death, ◇  
and to guide our feet into the way of peace.  
Luke 1.68-79

**All Glory to the Father and to the Son  
and to the Holy Spirit;  
as it was in the beginning is now  
and shall be for ever.  
Amen.**

## Prayers

*Intercessions are offered*

¶ for the day and its tasks  
¶ for the world and its needs  
¶ for the Church and her life

*Prayers may include the following concerns*

¶ The persecuted Church  
¶ The oppressed peoples of the world  
¶ All who are lonely  
¶ All who are near to death  
¶ All who are facing loss  
A form of prayer found on

*These responses may be used*

Lord, in your mercy  
**hear our prayer**

*The Collect of the day is said*

Almighty and everlasting God,  
who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
**All Amen.**

*The Lord's Prayer is said*

Standing at the foot of the cross, as our Saviour taught us, so we pray

**All Our Father in heaven,  
hallowed be your name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those who sin against us.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and for ever.  
Amen.**

May Christ, who bore our sins on the cross,  
set us free to serve him with joy.

**All Amen.**